



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

BART, Ernst

Club: Laufwunder-Steyr

Number: 3

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:58:57

Speed: 10.55 km/h

Running performance: 5:40 min/km

Rank in course/Total: 53 (of 110)

Rank in course/Men: 50 (of 100)

Best time in course: 2:42:44

Rank in category: 14(of 26)

Best time in the category: 3:07:53

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	18:03	5:33	20	4:59	77	6:50	3.25	18:03	5:33	20	4:59	77	6:50
Lap 2	3.25	17:38	5:25	20	4:04	68	5:55	6.50	35:41	5:29	20	9:03	72	12:45
Lap 3	3.25	17:48	5:28	19	3:58	57	5:36	9.75	53:29	5:29	19	13:01	70	18:21
Lap 4	3.25	18:18	5:37	20	4:11	67	5:46	13.00	1:11:47	5:31	19	17:12	70	24:07
Lap 5	3.25	18:08	5:34	20	4:06	66	5:24	16.25	1:29:55	5:31	19	21:18	68	29:31
Lap 6	3.25	18:27	5:40	19	4:21	66	5:41	19.50	1:48:22	5:33	19	25:39	67	35:02
Lap 7	3.25	18:35	5:43	16	4:21	60	6:02	22.75	2:06:57	5:34	19	30:00	66	41:04
Lap 8	3.25	18:26	5:40	13	3:59	50	5:42	26.00	2:25:23	5:35	19	33:59	64	46:46
Lap 9	3.25	18:58	5:50	13	4:30	47	6:10	29.25	2:44:21	5:37	19	38:29	64	52:56
Lap 10	3.25	18:45	5:46	12	3:46	39	5:50	32.50	3:03:06	5:38	16	42:15	61	58:46
Lap 11	3.25	18:53	5:48	8	3:52	32	5:53	35.75	3:21:59	5:38	16	46:07	57	1:04:39
Lap 12	3.25	18:53	5:48	6	3:01	29	6:08	39.00	3:40:52	5:39	15	49:08	54	1:10:47
Last lap Finish	3.25	18:05	5:33	4	1:56	25	5:26	42.25	3:58:57	5:39	14	51:04	50	1:16:13